



Yesterday, May 5th kicked off the start of week 9 of the Weight Off Challenge!

The winner for week 8 is Tim Boncoskey.

Please stop by the Wellness office to pick up your prize.



Some of you may have hit a plateau in your weight loss or are looking for a little extra help in losing those last couple of pounds. Believe it or not, just **100 calories** a day can be the difference in weight maintenance versus gain or loss.

When you think about weight gain, you probably think of overeating to excess or failing to get any activity. The reality is a simple 100 calories a day can make the difference in weight gain or loss.

According to the University of California Wellness Letter, the average American gains about two pounds a year. Since every pound of body weight equals 3500 calories, two pounds translates into an extra 19 calories a day. Nineteen calories is easy to surpass so if you look at the overweight incidence it's feasible to think in terms of 100 extra calories on a daily basis. Making a change in your intake that equals 100 calories is very simple, try –

- Water packed tuna instead of oil packed
- One cup of whole grain cereal instead of two
- Tomato slices, lettuce, and sliced bell peppers (or other vegetables) on a sandwich instead of mayo
- Two cups of skim milk per day instead of two cups of whole milk
- A cup of lowfat, sugar free yogurt, instead of a doughnut
- A cup of water flavored with a lemon instead of a soft drink

In addition to making small changes in food choices, increase activity by walking fifteen minutes a day or climb stairs instead of taking the elevator.

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Some other ideas when eating out:

- Order small french fries. That alone could save you over a hundred calories!
 - For example, McDonald's and Burger King's small fries contain 230 calories. Whereas their medium fries contain 350 and 360 calories (respectively).
- Ask for salad dressing on the side. Or, even better, try using olive oil and vinegar.
- Calories that come in liquid form count, too! Alcoholic beverages (especially mixed drinks) often pack a whole lot of calories. Drink alcohol in moderation, if at all.
 - For example, one martini with an olive (184 calories) has more calories than 1 slice of cheese pizza (183).



Reminder: The walking group time has changed to 9:30am for the rest of the program. We hope you can still join us Mondays, Wednesdays, and Fridays.